

Mules and Memories
See Pages 8-10

*Carolina
Country*
February 1979

Government Over-Regulation

You may have heard or read recently that the cost of most goods and services have doubled over the past 11 years. Yet, due chiefly to three critical forces, the cost of electric generating plants built during this period — on the average — has increased by about eight times.

An electric plant completed 10 years ago could be built for about \$100 per kilowatt. Equivalent capacity today costs about \$800 per kilowatt. These staggering increases are due to higher interest costs, huge increases in the cost of added environmental equipment and burdensome, time-consuming governmental regulations, which have doubled construction time to the point that it now takes 10 to 12 years to complete the typical plant.

We can do little about interest rates and we certainly are mindful that we must protect our environment. All of us want to pass on to our children clean air and water, and a productive land. We can, however, if enough people understand what's happening, begin to tell our elected Congressmen, Senators, and the President himself that the mounting layer upon layer of rules and regulations being heaped upon the electric industry and the

business community in general is pricing our country out of the market.

Editorials

The long list of permits, regulations and rules that must be complied with before an electric generating plant can be built continues to grow. We are approaching the day when it will

be impossible to build such a plant to meet the needs of the consuming public.

Government regulation, in our view, has become government over-regulation. We cannot control the price of Arabian crude oil. However, Congress can do something about excessive regulation.

If you agree, then let your Congressman and Senators know of your concern.

—James M. Hubbard
Executive Vice President
N.C.AEC/N.C.EMC/TEM

Carolina Country Salutes

- Lt. Gov. Jimmy Green and House Speaker Carl Stewart, for getting the 1979 North Carolina General Assembly under way by announcing the committee appointments on opening day. In the past, legislators have gotten down to work until these appointments were made — usually a few days into the session. With each legislative day now costing about \$27,000, Green and Stewart may have saved the state a bundle.

- North Carolina's Rep. Charles Rose, who effectively turned the tables on a special interest group last year after his office received 10,000 computerized postcards opposing his stance on an election law bill. He added the names to his own computer banks and sent each person a letter explaining his views. He also wrote to the businessman who engineered the lobbying effort, thanking him for contributing to his mailing list.

- The inventors of a new device to help diet-crazed Americans stick to their regimes. It's a battery-operated device that's attached to the refrigerator. When the door is opened, it warns: "You eating again? Calories, calories, calories."

Carolina Country

Read Monthly in More Than 275,000 Homes
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COVER—This appealing little fellow found himself a quiet resting place amid the tobacco leaves awaiting sale at the Roy Pearce Warehouse in Valdosta, Ga. The photo is by Pamela Barefoot, a Johnston County native who included it in her book *Mules and Memories, A Photo Documentary of the Tobacco Farmer*. Our thanks to her for allowing us to use this photo and the four on Pages 8-9 which accompany an excerpt from the book's text.

FEBRUARY OPEN ENROLLMENT FOR NORTH CAROLINA RURAL ELECTRIC MEMBERS

"CO-OP" YOUR HOSPITAL BILLS SAVE UP TO ONE-HALF

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One person in every third family will go to the hospital this year, according to the American Hospital Association. It could happen to "the other guy" or it could happen to you.

Could you be able to get — and pay for — the kind of medical attention you'd need? According to recent newspaper reports, the average hospital bill is over \$1,000! Could you come up with this kind of money without changing your way of living...without using up your savings...without going into debt?

Co-op Insurance Fund will help you "co-op" those huge hospital bills. If you're not a C.I.F. member — you ought to be — that is, if you want the best "extra" hospital protection at the very lowest cost. C.I.F. will pay you up to \$50 a day...\$350 a week...\$1,500 a month. That's the kind of help you need...at a cost you can afford!

Compare us with other plans advertised in rural electric magazines!

Some so-called "official" plans warn you against look-alikes...but who are the look-alikes? **Co-op Insurance Fund is the first...the oldest "group" plan...developed especially to serve the needs of Rural Electric Members...C.I.F. is endorsed or sponsored by more electric member co-ops than any other plan...C.I.F. has thousands of satisfied members from coast-to-coast.**

But the most important things to look for in choosing one insurance plan over another are the cash benefits you get from each. So let's keep it simple and look at one **big** important thing. What do **we** pay and what do **they** pay if you go to the hospital?

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Our Insurance Company, "Guarantee Trust Life Insurance Company," is independent and not affiliated with Rural Electric Cooperatives in this state. It is licensed in this state.

No Agent Will Contact You!

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Compared To What?

Electricity Expensive?

How do you answer a friend's question about how expensive electricity has become!

You might say "Expensive compared to what?"

Next, you could compare the price increases for electricity to the price increases for a number of other consumer products from a list recently compiled by Loeb, Rhodes and Homblower, a national stock brokerage firm.

How do you answer a friend's question about how expensive electricity has become! You might say "Expensive compared to what?"

For example, did you know that McDonald's Quarter Pounder hamburger with cheese has gone from 79 cents to 99 cents in the last four years — a 25% increase.

Chew gum? Four years ago a pack of gum cost 10 cents. Today it costs 20 cents, a 100% increase, with fewer sticks per pack!

Remember the panhandler's request, "Hey, buddy can you spare a dime?" Not anymore. Now they're asking 25 cents.

Own a dog? In four years a box of dog biscuits has risen 65%, from 49 cents to 81 cents.

Getting the message? Don't want to hear anymore? You'd rather watch television? Well that TV Guide you just picked up cost 15 cents four years ago. Now it is 30 cents.

So you'll read a magazine. How about Newsweek or

Reprinted from *Sunshine Service News*, Florida Power & Light Co., Miami.

Playboy? Both have doubled prices in four years.

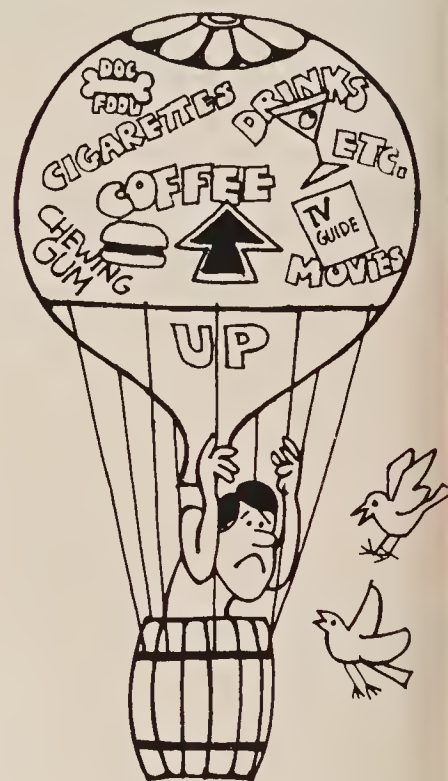
Want to write your Congressman about this? The eight cent stamp of just four years had increased 87.5% and now costs 15 cents.

All this leaving a bad taste in your mouth? You might want to choose something other than a package of Clorets. They've gone from 20 cents to 27 cents for a 35% increase.

Getting depressed and want to cry? Don't reach for Kleenex packet. It's gone from 10 cents to 20 cents.

So you'll drown your sorrows in a drink. Better think twice. Most drinks have climbed from dollar a glass to \$1.75, up 60%.

And if you use orange juice a chaser, a quart's gone from 25 cents to 50 cents, up 100%.



Getting nervous? Need a smoke? Yep, you guessed it. They've gone up too, from 55 cents a pack four years ago to 75 cents, a 36% increase.

Electricity expensive? Compared to what?

Special Announcement

to all North Carolina Rural Electric consumer members and their families

Now... North Carolina RE Consumer Members of all ages qualify—you cannot be turned down for this RE Group Hospitalization Supplement. This is the only direct-to-you Group Plan officially recommended and endorsed by your National Rural Electric Cooperative Association.

We're Concerned

Over the last few years, the cost of medical care has almost doubled according to American Hospital Association's reports. As a matter of fact, the average per patient cost to a community hospital is now more than \$180 A DAY! Most group and individual hospitalization plans are not designed to cover the full hospital bill... even Medicare recently announced another increase in the amount of its deductible... the amount Medicare patients must pay out of their own pocket.

The Largest Cause of Personal Bankruptcy

ice President Mondale has stated that hospital bills "are the single largest cause of personal bankruptcy in the United States." When you consider what a single day in the hospital costs, it's easy to see why.

or RE Consumer Members Only

problems like these caused your National Rural Electric Cooperative Association (NRECA) to arrange its own insurance programs for rural electric cooperative employees and members (ELCO® Programs). First your National Rural Electric Cooperative Association set out to find a national insur-

ance company with an impeccable reputation. Next, they arranged a supplemental hospitalization plan that would do the best job possible for all RE consumer members and their families. And finally, NRECA set up their own service center for ELCO® Programs to help assure RE consumer members prompt, courteous service and prompt claims payment. This RE Group Hospitalization Supplement, underwritten by the highly respected Continental American Life Insurance Company, is the result.

Don't Be Misled by Look-Alikes

Some insurance ads try to give you the impression they are official RE plans, sponsored by your National Rural Electric Cooperative Association. Only those programs that bear the ELCO® or RE® trademarks are officially endorsed by your National Association. These trademarks are your guarantee of service and quality.

You Cannot Be Turned Down

This RE group plan is available to RE members in most states. Every member who enrolls will be accepted regardless of age or occupation. However, Continental American must limit coverage in force under all policies of this type with their company to one per member.

Your Own RE Consumer Service Center

Your National Association's Service Center for ELCO® Programs will provide RE consumers with the best possible service. If you

have questions about your protection benefits available, or changes to your plan, just call the NRECA Service Center. The special RE consumer telephone number is (919) 832-7597... call COLLECT any weekday and ask for Bill Plunket. He'll be glad to help you.

Free Group Hospitalization Planning Kit

To get your free Group Hospitalization Planning Kit, just fill out the coupon on this page and drop it in the mail. The Kit will be mailed to you and will fully explain what is covered, what is not covered, costs and terms of renewability. There is no obligation and no one will call on you. So please act now.



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This plan pays cash benefits on top of any other coverage you now have including other group or individual plans and Medicare!

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Nursery Refunds Ordered

Readers of *Carolina Country* who experienced problems with orders from any one of six nursery advertisers may now file a request for a refund with the Federal Trade Commission.

The companies, all located in McMinnville, Tenn., are American Nursery and Seed Co., McMinnville Tree Farm, Morrison Nursery Co., Nursery Barn, Savage Farm Nursery, and Womack Nursery Co., Inc.

Nursery stock that died or was not received from orders dated after July 1, 1975, is covered by the FTC ruling.

Readers who lost money through orders to these firms should submit a request for a refund along with proof of purchase as soon as possible because total refunds cannot exceed \$200,000. The deadline for such requests is March 1, 1979. The request should be directed to: Federal Trade Commission, Division of Consumer Affairs, Ellington Agricultural Center, P.O. Box 40627, Nashville, Tenn. 37204.

EMC Annual Meeting Set

Edgecombe-Martin County Electric Membership Corporation, Tarboro, will hold its annual membership meeting March 17 at Edgecombe Technical Institute.

Registration will begin at noon, along with a series of exhibits and displays in the ETI lounge. The exhibits will focus on insulation, weatherization, energy conservation, microwave cooking and other topics.

The business meeting will begin at 2 p.m. with the presentation of reports from the EMC's officers. At the meeting, the co-op's member-owners will be asked to elect three members of the EMC's Board of Directors. The terms of W. Kitchin Benson of Battleboro, board president; W. J. Eason of Rt. 3, Tarboro; and Russell Eason of Rt. 1, Elm City are expiring.

Directors are elected to three-year terms of office.

ElectriCities Names Three New Executives

Ralph W. Shaw, retired general manager of the Omaha Public Power District, has been named executive director of ElectriCities of North Carolina, an organization representing the state's municipal power systems.

Shaw succeeds Marshall Lancaster, who left the association in September to become vice president of the public finance division of a New York investment banking firm.

Meanwhile, ElectriCities has also announced the appointment of James T. Bobo of Richland, Wash., as director of finance, and William G. Wemhoff of Omaha as manager of construction projects.

SCS-Assisted Ponds Reach 68,000 Mark

North Carolina leads the Southeast area of the country in the number of farm ponds built with technical assistance by the Soil Conservation Service, having dedicated pond No. 68,000 in December. That pond, which is on the farm of Mr. and Mrs. Jim Louis of Rt. 1, Garner, will be used to irrigate tobacco and a farm garden. It is also stocked with bream fingerlings, and bass will be added in the spring.

Wake Soil and Water Conservation District Chairman Garland C. Hendricks of Wake Forest dedicated the three-acre pond "to the cause of conservation."

Seed Directory Offered

The Graham Center, a non-profit demonstration farm and training center in Anson County, has published the *Graham Center Seed Directory: A Gardener's and Farmer's Guide to Sources of Traditional, Old-Timey Vegetable, Fruit and Nut Varieties*.

The directory, which is priced at \$1,

lists numerous sources of seeds of traditional varieties and gives a brief description of what each source offers. The publication is designed to fill a need resulting from the fact that commercial seed catalogs have dropped many old, traditional varieties in recent years.

Copies of the directory may be ordered from the Graham Center, Rt. 3, Box 95-F, Wadesboro, NC 28170.

Bulb-Buying Tip

The next time you're shopping for light bulbs, remember that their watts rating measures only the amount of electricity flowing into the bulb — not the amount of light the bulb produces. Brightness is measured in lumens.

A 100-watt bulb, for example, may vary in output from 1,000 to 1,750 lumens. Thus, one standard 100-watt incandescent bulb produces more light than two standard 60-watt bulbs with 20 percent less energy consumption.

Timberlake To Receive Public Service Award

Noted North Carolina artist Bob Timberlake of Lexington has been named the 1979 recipient of the N.C. Public Service Award presented annually by the N.C. Public Service Award Society.

National and state figures will meet in Raleigh Feb. 27 to honor Timberlake at a banquet.

In announcing the award, society chairman M. L. Byrd of Southmont cited Timberlake's "unheard of overnight success in the art world," saying he is "sensitive, unselfish and loving." Byrd added: "He has poured his life and his heart into helping make his hometown, his state and his country better places in which to live and raise a family. Bob is a great artist, but only because he is first and foremost a great man."

Past recipients of the award include former Gov. Bob Scott, Sen. Sam Ervin and the late Sen. B. Everett Jordan.

Smithsonian Program Deadline is Feb. 23

Outstanding high school juniors and seniors who're interested in competing for three week-long seminars at the Smithsonian Institute in Washington have until Feb. 23 to submit applications for the program.

The program is sponsored by the N.C. Association of Electric Cooperatives under an \$18,000 grant from the Z. Smith Reynolds Foundation in Winston-Salem. For each seminar, 15 academically-abled students will participate in college-level courses taught by the Smithsonian personnel.

The first of the seminars, titled "The Planet Earth," will be held April 30-May 4, with the two others to be scheduled later. They'll focus on "Man and the Primates," and "The Quest for Beauty."

Participants will be selected through formal applications and personal interviews from members of the classes of 1980 and 1981 whose families are served by Electric Membership Corporations in North Carolina.

To be selected, students must have scholastic average of 90 or above and demonstrate qualities of leadership, maturity and responsibility, as well as exceptional talent and interest in the subject of a particular seminar.

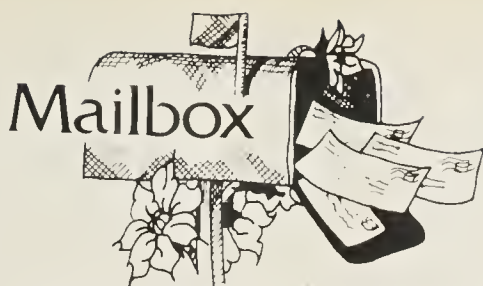
Application forms are available from EMC offices and high school guidance counselors across the state.

Program Gets New Name

The oldest component of North Carolina State University is getting a new name — after 101 years.

The North Carolina Agricultural Experiment Station has been named the North Carolina Agricultural Research Service.

The experiment station actually predates NCSU, having been established in 1877, 12 years before the university. □



With respect to "Smithsonian Learn-In" (*Carolina Country*, Jan. 1979, Page 8) parents and students should be aware that certainly "Man And The Primates" and possibly "The Planet Earth" will be based upon evolutionary premise and conjecture portrayed as scientific fact.

This discriminatory position of the federal (and state) government continues in spite of evidence to the contrary and is "justified" on the basis that evolution is "science" and creation is "religion." This is false justification as *The Yale Law Journal* (Vol. 87:515, 1978, Page 517) finds them to be . . . "two theoretical models that build upon scientific observation and criticism."

Recent campus debates among prominent scientists of both viewpoints reveal creation not only to be a viable model of origin but even a superior one based upon the sudden appearance of higher taxonomic types and the total lack of transitional types in the fossil record. Geological data strongly evidences a universal flood.

Richard Leakey's skull 1470 reveals man to be older than his previously imagined ancestors. Genetic research reveals some 2,000 genes in need of modification between primate and man (similarities can be deceiving, but Darwin wasn't aware of genes). A DNA molecule from a human cell contains coded information equal to some 600,000 printed pages or a library of 1000 books, obviously no product of chance. In fact, a swiss mathematician (Dr. Eugene Guye) calculates the chance occurrence of a single protein molecule to be one in ten raised to the 320th power (a number too large to even name).

The Smithsonian will not point out these improbabilities, thus it is

up to us as parents to give our children the freedom to view the evidence for both sides and to permit them to draw their own conclusions.

Ed Taylor
Rt. 2, Brevard

I appreciate very much your efforts to reach me and placing me on your mailing list is great. As former editor, publisher, advertising director, mail boy and founder of the old *Carolina Farmer* I am especially pleased.

Now retired, I spend six months in Florida and six months in Pennsylvania with a goal of selling our home in Pennsylvania and buying a place in Western North Carolina.

J. E. Nicholson
Bookville, Pa.

Nicholson's magazine, now called *Carolina Country*, served as the voice of the North Carolina rural electric program under his direction. He sold the publication to the statewide EMC organization in 1952, when he joined the staff of a Pennsylvania electric co-op. He retired last year after about 26 years as a co-op manager in that state.

A WORD ABOUT ENERGY



ENERGY CONSERVATION -
IT'S YOUR CHANCE
TO SAVE, AMERICA

Department of Energy, Washington, D.C.



Mules and Memories



Bulk barns, automatic harvesters, leaf stitchers? These are integral to tobacco farming today. But just thirty years ago most farmers would have thought they were words from a foreign language! Mules, plows, pegs, and sweat were what they knew: direct one-syllable words. If you had asked to see their machinery, chances are they would have held forth two hands.

Tobacco is still America's largest cash crop that is most dependent on the human hand. Almost 300 hours of labor must be put into the cultivation and marketing of every acre. In comparison, it now takes no more than four hours to farm an acre of wheat! Of all tobaccos, Bright Leaf has been most receptive to mechanization. Yet, as late as 1960 the farming of it had changed little since the previous century. Even today the suckering, topping, cropping, and hanging of that crop remain a vital work heritage.

Thirty years ago, however, no one would have thought of calling any aspect of tobacco farming a "work heritage." It was all just work! And there was enough of it for everyone to have as much as they wanted, and then some.

Maybe that's why tobacco farmers liked their mules. Maybe that's the reason they talk about Doll and Della or Mag and Kate with such a fond tone. Of course, when they actually owned Doll or Della, the farmers probably didn't have much more to say about them than a couple of brief, earthy epithets that are best not mentioned. However,

The text and photos here, as well as the cover photo, are from the book, *Mules and Memories, A Photographic Documentary of the Tobacco Farmer* by Pamela Barefoot. Additional photos and a story on the Johnston County native's year-long effort to complete the book is on Page 12. A review of the book appears on Page 13.



Even then they knew that those long-eared, sure-footed, 1,100 ornery pounds of pull-power could turn the ground with a plow like no earthly man! It was not uncommon for a mule to live twenty-five years. That mule would become like a member of the farmer's family. The farmer had to feed his mule in the morning before he ate breakfast himself, and feed it again at night before he took off his boots and stretched his aching toes to the fire. When the mule got sick there was doctoring to do. When either the mule or the farmer woke up in a bad mood, a fight was sure to follow before bedtime came around. And, whether he liked it or not, that mule's hind end was the farmer's primary scenery for a considerable portion of each day!

When the tractor came along in the late 1940s, it seemed like the world had suddenly changed — many farmers felt for the worse. But they had to admit that a man and a mule could plow no more than two acres of ground in a day, while a man with a tractor could plow three or four acres every hour! That was the difference. And to farmers with

families to feed and hopes for some material betterment in life, the choice was obviously for the mule on wheels.

Oldtimers rarely look back on any aspect of their pre-tractor farming years with emotion. Many tend to see the bright side of that life. They recall such rural pleasures as skinny-dipping in a "black water" creek and warehouse dances at the end of the market season which have now all but disappeared from the land. Others shake their heads, tighten their jaws, and talk in hard, uncompromising terms. They remember the thirst and sweat of the field, the day after day necessity to labor as if life itself depended on it — which, in many cases, it did.

The truth about the past includes both of these memories and all that lie between the two extremes. Maybe for some, life was more enjoyable or more difficult than for others. With many farmers it is not only their words, but the weathering of their faces, which express for the nation a largely untold and almost forgotten story. □



Three of these photos, like most of those in Pamela Barefoot's book, were made in North Carolina. She found the scenes of the old tobacco barns and the baskets in Pitt County, the farmer with his mule in Caswell County and the farmer on his tractor in Lanier County, Ga.

"It Needed To Be Done"

In the summer of 1977, Pamela Barefoot came home to her native Johnston County pretty much at loose ends. She's quit her job as a counselor for delinquent boys in Richmond, having found the work too frustrating.

With no job and no prospects, she'd come back to her family's Rt. 1, Four Oaks, farm to get her bearings. Her family no longer raised tobacco but the tobacco farming culture was everywhere she turned — for the area is the second largest producer of flue-cured tobacco in the country.

In reflecting on her life in this setting, she remembered all those summers she worked in tobacco — and she began to see that culture from a new perspective.

"I got to wondering if anyone had ever documented the lives of small tobacco farmers. Most of the books I found were on the history of tobacco."

She was impressed with the "rhythm and dignity" of small-scale farming and the way of life it fosters. And she recognized sadly that mules and plows were giving way to automatic harvesters and bulk barns—and the way of life she'd known on the farm would soon be a thing of the past.

"I've had farmers tell me the reason they have to buy machinery is because they can't find laborers anymore. When I was a kid it (tobacco farming) was hard work. We worked for 50 cents an hour, from 6 a.m. to 9 or 10 p.m., but we had fun."

She found herself obsessed with the idea of preserving that way of life—through photographs. She'd been mildly interested in photography as a 4-H project years before and had only recently returned to it as a hobby.

Although she'd never had a photo published or exhibited, she began photographing the day-to-day scenes of tobacco farming with the idea that they'd one day be part of a book.

"I had just wanted to tell the story of the tobacco farmer," she said.

"One of the reasons I wanted to do the book is to capture the traditions—such as having a pig roast at harvest—that are going out. Another reason is to relate the values of the small farmer—his industriousness, hard work and great pride."

Using her savings—and later a \$3,000 grant from the National Endowment for the Humanities—she spent the next several months traveling through Virginia, North Carolina, Maryland, Pennsylvania, Kentucky and Georgia, capturing on film the images of tobacco farming as a way of life.

Because the 1972 psychology graduate of Virginia Commonwealth University had no track record as a photographer or writer, she wasn't able to interest most of the tobacco companies in contributing to her effort, although one helped by flying her to another state for a photography session.

"They weren't willing to risk anything financially, but they did give me moral support."

Once the shape and flavor of the book began to emerge in her mind, she decided not to submit it to established publishers for publication: She wanted complete editorial control.

To get it, she arranged to have the book printed, guaranteeing the printer against loss with loans and her own advance sales to farm organizations, tobacco companies and other businesses.

The book, titled *Mules and Memories*, a *Photo Documentary Of The Tobacco Farmer*, was published last November to

generally excellent reviews.

She had done all of the photographs and much of its text, although a cousin, Burt Kornegay, had helped by writing the chapter introductions. He's another Johnston County native and is currently a graduate student in English literature at UNC-CH.

Producing the book from start to finish, she said, "has been a terrific learning experience."

The book is being distributed to book stores and the general public by John F. Blair, Publisher in Winston-Salem. (See ad below). Her own Barefoot Productions (P.O. Box 8076, Richmond Va. 23223) continues to sell the book to businesses for use as gifts and premiums.

"The whole year has been worth it," she said. "It was important that this be done. It needed to be done and nobody else had ever done it."

—Owen Bisho



Barefoot

MULES & MEMORIES



WRITTEN AND PHOTOGRAPHED BY PAMELA BAREFOOT

Pamela Barefoot preserves in text and photographs the very special traditions of the tobacco farmer. More than 90 vivid color photos and the words of tobacco people themselves make this a book to cherish. **\$17.95.**

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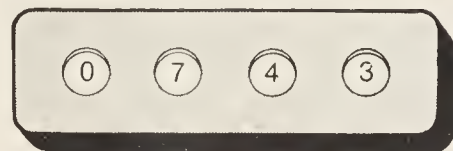
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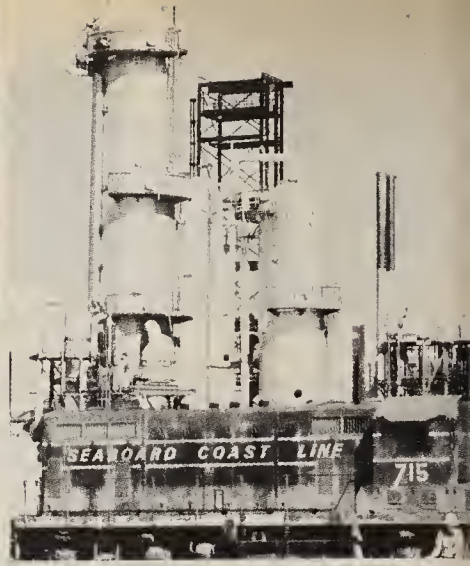
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Books



By Frank Jeter Jr.

Mules And Memories by Pamela Barefoot. John F. Blair. 127 pages. \$17.95.

Tobacco is a familiar sight to most readers of *Carolina Country*, whether they live and travel in the big flue-cured area or in the mountains where burley is produced.

Yet no matter how much we have seen this crop being transplanted, growing in the fields, being harveted or perhaps going to the warehouse, this very attractive book can give us a whole new look. *Mules and Memories* is subtitled "A Documentary of the Tobacco Farmer" and the more than 100 color photographs tell a vivid story. Although all the photos are recent, we still see mules pulling old-time plows — even a two-horse team pulling the transplanter — along with tractors and shiny pick-up trucks.

Many of the photos are breath-takingly beautiful, and all are of the highest quality. The W. M. Brown and Son printing house of Richmond deserves mention for the quality press work in this large format book.

Pamela Barefoot took the photos and her first cousin, Burt Kornegay, helped with the chapter headings and the language of the book. Pamela and Burt come by their regard for tobacco honestly: both are from the Four Oaks area of Johnston County, a great tobacco-producing area.

Along with the crop, the camera has captured the people who produce it. Old, young and in-between, we have a cross-section of the kind of people who produce tobacco.

A useful glossary called "Tobacco Terminology" in the back of the book covers everything from plant bed to packhouse, from bulk barn to topping.

One of the rare sections of prose covers the philosophy of the tobacco farmer, including his love of independence in his daily existence and the fatalistic viewpoint that comes from having an entire barn of valuable leaf to go up in flames when one stick of dry leaf falls on the burner.

This is a book for North Carolinians. And, considering the high quality color plates, it's not really high-priced.

In The Village Of The Man by Loyd Little. Viking Press. 214 pages. \$8.95.

Loyd Little of Chapel Hill is a skilled writer with intimate background knowledge of our recent national misfortune in Vietnam. He is combining his talent and knowledge in writing novels based in Southeast Asia, and with good reason.

His first novel along this line, *Parthian Shot*, won the Ernest Hemingway Award for First Fiction. It is logical to believe he has another winner in this new second book.

The "Man" of the title is not an individual, but the self-bestowed name of a tribe in Northern Laos, near the Chinese border. The action takes place after the actual U.S. conflict against the Viet Cong, and involves the CIA more than the Army.

The cast of characters includes a CIA agent who improbably masquerades as a Catholic monk, a Protestant missionary who has both love and lust in his heart, and an assortment of indigenous personnel who, for the most part, are victims of hunger, disease and other disasters.

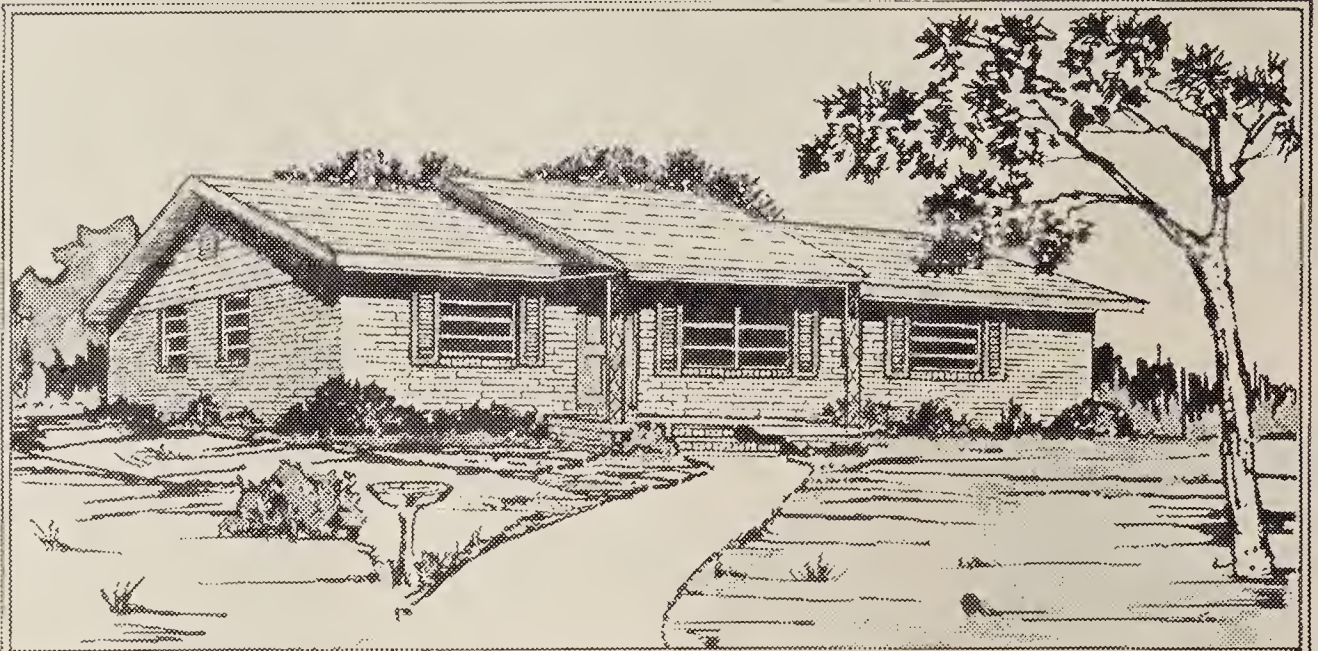
We see our own American intelligence agency buying and selling opium, more as a political tool than as an actual narcotic.

An air of authenticity is provided through the use of Indo-Chinese words, descriptions of life styles, and some passages that can only be described as sorcery of the native variety. After all these adventures, Little even gives the reader a "happy ending" reminiscent of our Hollywood productions of just a few years back.

On the whole, this is quite a competent book.

Frank Jeter Jr. is public information officer for USDA-Soil Conservation Service in North Carolina.

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Southern Living Show Set Feb. 24-March 4

The Southern Living Show, scheduled for Feb. 24-March 4 at Charlotte's Merchandise Mart, will feature 22 walk-through gardens, a decor pavillion featuring various interior design ideas and a gardener's marketplace offering house plants and plant accessories.

Outdoor and indoor equipment and lawn furniture, and displays focusing on travel attractions, will also be on exhibit.

The show will be open from 10 a.m. to 9 p.m. weekdays and Saturdays, and from noon to 6 p.m. on Sundays.

Admission is \$3 for adults and \$2.50 for individuals aged 65 and over and youths aged 10 to 18. Children under 10, excluding groups, get in free. Group tickets are available.

For additional information, write or call the Southern Living Show, 1945 Randolph Road, Charlotte, NC 28207. Phone: (704) 76-7597.

Peanut Trade Show Held In Ahoskie

About 100 commercial exhibits will highlight the 1979 North Carolina-Virginia Peanut Trade Show Feb. 27-March 1 at the Farmers Warehouse in Ahoskie.

Also to be featured are a Cook-Peanut contest and a Peanut Poster contest for young people. Winners will be named in six categories in the cooking contest and in two age groups in the poster competition. The purpose of the show is to assemble under one roof exhibits of the major products and services available to peanut farmers and the peanut industry, according to Shirley S. Pierce, show president.

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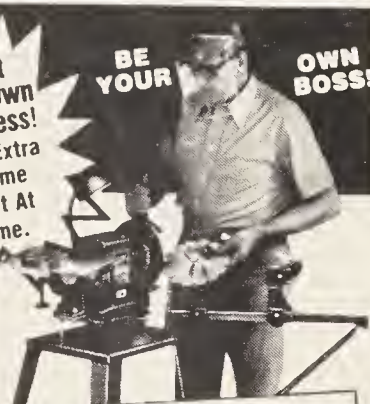
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THE HANDICAPPED MAILBAG

By Bette Elliott
Bill Kiser News Service

Dear Bette,

I have some hints for the handicapped and want to pass them on to you. They're mainly for the handicapped homemaker. I've tried them all and they work for me:

- Use all the gadgets you can find to help you dress with ease. I add fancy tassels or medallions or rings to my dress zippers (always in front). In this way, the zipper pull isn't difficult to grasp because of the extra "build-up."

- Instead of apron strings, use plastic hoops in your aprons. No tying necessary. Just fit the hoop around your waist. I've found hoops to fit my waist in variety stores.

- Put suction cups under mixing bowls to keep them steady. Or use a damp dish cloth for the same purpose.

- Make housekeeping easier for yourself by eliminating a lot of knick-knacks, small pieces of furniture, heavy draperies, thick shaggy carpet.

- Make use of ready-mixes on the market. Many are delicious and some even better than "from scratch" dishes.

To make cooking easier, always keep a file of short cuts. I cut up my potatoes in chunks before peeling them. Saves energy — and time. I also use as many "one-bowl" recipes as possible. To slice vegetables for my one-bowl casserole, I use a special rocking knife I found in a specialty shop.

Try This Recipe: Layer two cups sliced onions, a cup sliced carrots, a cup sliced celery, a cup diced turnips, a box frozen lima beans. Season vegetables with a half teaspoon garlic salt, and eighth teaspoon pepper, and a teaspoon

salt. Make eight patties from pound and a half of ground beef which you have seasoned with a teaspoon of salt. Pour a cup of water over all. Bake, covered, in a 400 degree oven for an hour. This serves four.

Mrs. Todd Dixon
Mecklenburg

Thanks for these excellent tips — and we're sending you \$10 as our prize for the best we received from readers. *The Handicapped Mailbag* is offering the \$10 for tips on how the handicapped can better enjoy independent living. The tip may range from homemaker hints like Mrs. Dixon's — to how to find a job, how to make money with craft, working at home, how to bring up a handicapped child, how to cope with day-to-day problems of transportation, communication, etc.

Send tips and questions to **Handicapped Mailbag**, P.O. Box 126, Raleigh NC 27602.

Who's Who Planned

If you're one of the estimated one million Americans who've undergone ostomy surgery — or "intestinal amputation requiring the creation of an opening or stoma for the elimination of body wastes — you might be interested in registering with the Ostomy Educational Forum Inc.

The non-profit organization is now conducting a search to list these ostomates in an "Ostomy Who's Who Register" as part of its effort to combat public misunderstanding of the quality of life of those who live with such a handicap.

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 CHERRIES, varieties: Montmorency, Black Tartarian, Early Richmond. 2 to 3 ft. \$3.95 ea.
 PEARS, varieties: Kieffer, Orient, Bartlett. 2 to 3 ft. \$2.95 ea. 3 to 5 ft. \$3.95 ea.
 APRICOTS, varieties: Moorpark, Early Golden. 1 to 2 ft. \$1.25 ea. 2 to 3 ft. \$1.95 ea. 4 to 6 ft. \$3.45 ea.
 NECTARINE
 1 to 2 ft. \$1.25 ea.
 2 to 3 ft. \$1.95 ea.
 4 to 6 ft. \$3.45 ea.
 PLUMS, varieties: Oamson, Red June, Methley, Burbank. 1 to 2 ft. \$1.25 ea. 2 to 3 ft. \$1.95 ea. 4 to 6 ft. \$3.85 ea.

DWARF FRUIT TREES
2 or 3 Years Old

DWARF PEACHES, varieties: Elberta, Red Haven, Belle of Ga., Golden Jubilee.
 2 to 3 ft. \$3.95 ea. 4 to 5 ft. \$5.95 ea.
 DWARF APPLES, varieties: Red Delicious, Yellow Delicious, Winesap, Early McIntosh, Jonathan, Lodi, Yellow Trans.
 2 to 3 ft. \$3.95 ea. 4 to 5 ft. \$5.95 ea.
 DWARF CHERRIES, varieties: Montmorency, or North Star. 2 to 3 ft. \$4.95 ea.
 DWARF PEAR, varieties: Bartlett, or Kieffer. 2 to 3 ft. \$4.95 ea. 3 to 5 ft. \$5.95 ea.
 DWARF PLUM, varieties: Burbank or Methley. 2 to 3 ft. \$3.95 ea.

VINES
1 or 2 Years Old

Red Scarlet Honeysuckle, 1 ft. \$.75 ea.
 Wisteria, Purple, 1/2 to 1 ft. .45 ea.
 Bittersweet, 1 ft. .45 ea.
 Clematis, White, 1/2 to 1 ft. .45 ea.
 Grapes, Little or Niagara, 1/2 to 1 ft. .95 ea.
 Grapes, Concord or Fredonia, 1/2-1 ft. .95 ea.
 Grapes, Delaware or Catawba, 1/2-1 ft. .95 ea.
 Yellow Jasmine, 1/2 to 1 ft. .20 ea.
 Vinca Minor Clumps .45 ea.
 Halls Honeysuckle, 1 ft. .35 ea.
 English Ivy, 4 to 8 inches .35 ea.
 Euonymus Coloratus, 1/2 to 1 ft. .25 ea.
 Ajuga Bronze Ground Cover, 1 yr. .25 ea.
 Virginia Creeper, 1/2 to 1 ft. .35 ea.

NUT TREES
1 or 2 Years Old

Hazel Nut, 3 to 5 ft. \$3.95 ea.
 Butternut, 3 to 4 ft. 3.95 ea.
 Chinese Chestnut, 3 to 5 ft. 2.45 ea.
 Hardy Pecan Seedlings, 1 to 2 ft. 1.25 ea.
 Stuart Pecan, Paper Shell, 2 ft. .75 ea.
 Black Walnut, 1 to 2 ft. 1.95 ea.
 Black Walnut, 3 to 5 ft. 6.95 ea.
 English Walnut, 2 to 3 ft. 1.45 ea.
 Shell Bark Hickory, 1 to 2 ft. 1.45 ea.

EVERGREENS
1 or 2 Years Old

American Holly, 1/2 to 1 ft. \$.45 ea.
 Rhododendron, 1/2 to 1 ft. .95 ea.
 Pfitzer Juniper, 1/2 to 1 ft. .85 ea.
 Cherry Laurel, 1/2 to 1 ft. .45 ea.
 Nandina, 1/2 to 1 ft. .85 ea.
 Boxwood, 1/2 to 1 ft. .55 ea.
 Irish Juniper, 1/2 to 1 ft. .95 ea.
 Savin Juniper, 1/2 to 1 ft. .95 ea.
 Red Berry Pyracantha, 1/2 to 1 ft. .95 ea.
 Yellow Berry Pyracantha, 1/2 to 1 ft. .95 ea.
 Burfordi Holly, 1/2 to 1 ft. .85 ea.
 Dwarf Burfordi Holly, 1/2 to 1 ft. .85 ea.
 Wax Leaf Ligustrum, 1/2 to 1 ft. .45 ea.
 Colorado Blue Spruce, 1/2 to 1 ft. .65 ea.
 Mountain Laurel, 1/2 to 1 ft. .45 ea.
 Canadian Hemlock, 1 to 2 ft. .45 ea.
 Short Leaf Pine, 1 ft. .65 ea.
 Slash Pine, 1/2 to 1 ft. .35 ea.
 Red Cedar, 1/2 to 1 ft. .35 ea.
 Hetzi Holly, 1/2 to 1 ft. .65 ea.
 Japanese Holly, 1/2 to 1 ft. .65 ea.
 Foster Holly, 1/2 to 1 ft. .95 ea.
 Helleri Holly, 1/2 to 1 ft. .95 ea.
 Chinese Holly, 1/2 to 1 ft. .95 ea.
 Andora Juniper, 1/2 to 1 ft. .95 ea.
 Jap. Yew, 1/2 to 1 ft. .95 ea.
 Baker Arborvitae, 1/2 to 1 ft. .95 ea.
 Globe Arborvitae, 1/2 to 1 ft. .75 ea.
 Gardenia, White, 1/2 to 1 ft. .75 ea.
 Camellia, Red, 1/2 to 1 ft. .75 ea.
 Norway Spruce, 1/2 to 1 ft. .75 ea.
 Euonymus Manhattan, 1/2 to 1 ft. .45 ea.
 White Pine, 1 ft. .65 ea.
 Austrian Pine, 1/2 to 1 ft. .65 ea.
 Mugo Pine, 3 to 5 inches .65 ea.
 Scotch Pine, 3 to 5 inches .45 ea.
 White Spruce, 1/2 to 1 ft. .65 ea.
 Hetzi Juniper, 1/2 to 1 ft. .95 ea.

Sargent Juniper, 1/2 to 1 ft. .95 ea.
 Gray Carpet Ground Cover, 3-5 inches .95 ea.
 Blue Rug Ground Cover, 3-5 inches .95 ea.

BERRY PLANTS, ETC.
1 or 2 Years Old

Black Raspberry, 1/2 to 1 ft. \$.65 ea.
 Red Everbearing Raspberry, 1/2-1 ft. .65 ea.
 Dewberry, 1/2 to 1 ft. .65 ea.
 Boysenberry, 1/2 to 1 ft. .65 ea.
 Blackberry, 1/2 to 1 ft. .65 ea.
 Gooseberry, 2 yr., 1 ft. 1.50 ea.
 Figs, 1 to 2 ft. 1.95 ea.

BULBS AND PERENNIALS
1 or 2 Years Old

4 Pampas Grass, White Plumes \$1.95
 10 Hibiscus, Mallow Marvel, mixed colors 1.95
 10 Hollyhocks, mixed colors 1.95
 10 Cannas, Red, Pink or Yellow 1.95
 10 Iris, Blue, or Purple 1.95
 *10 Day Lilies, Roots, Orange Flowers 1.95
 50 Gladioli, Mixed Colors 3.95
 10 Candytuft (Iberis) Semp. White 1.95
 10 Babybreath, White 1.95
 10 Shasta Daisy, Alaska 1.95
 10 Lupines, Mixed Colors 1.95
 10 Sedum, Dragon Blood 1.95
 10 Fall Asters, Red or White 1.95
 10 Fall Asters, Pink or Lavender 1.95
 *10 Yucca, Candle of Heaven 1.95
 2 Peonies, Red, Pink, or White 2.95
 10 Mums, Red or Yellow 1.95
 4 Dahlias, Red or Pink 1.95
 4 Dahlias, Purple or Yellow 1.95

BERRIES, FRUITS, AND HEDGE
1 or 2 Years Old

10 Rhubarb, 1 yr. roots \$1.95
 10 Asparagus, 1 yr. roots 1.25
 25 Strawberry, Blakemore or Tenn. Beauty 2.50
 25 Gem Everbearing Strawberry 2.50
 50 South Privet, 1 to 2 ft. 5.95
 25 North Privet, 1 to 2 ft. 5.95
 25 California Privet, 1 to 2 ft. 5.95
 25 Multiflora Rose, 1 to 2 ft. 5.95

NATIVE WILD FLOWERS
1 or 2 Years Old
Collected from the mountains.

*6 Lady's Slipper, Pink \$1.95
 *8 Dutchman Breches, White 1.95
 *6 Jack-in-Pulpit, Purple 1.95
 *10 Hardy Garden Violets, Blue 1.95
 *6 Partridge Berry 1.95
 *10 Bird Foot Violet, Blue 1.95
 *10 Trilliums, Mixed Colors 1.95
 *10 Blue Bells 1.95
 *10 Maiden Hair Fern 1.95
 *10 Hayscented Ferns 1.95
 *10 Christmas Ferns 1.95
 *4 Royal Fern 1.95
 *10 Hepaticas, Mixed Colors 1.95
 *10 Sweet Williams, Pink 1.95
 *10 Golden Seal, White 1.95
 *10 Cardinal Flowers, Red 1.95

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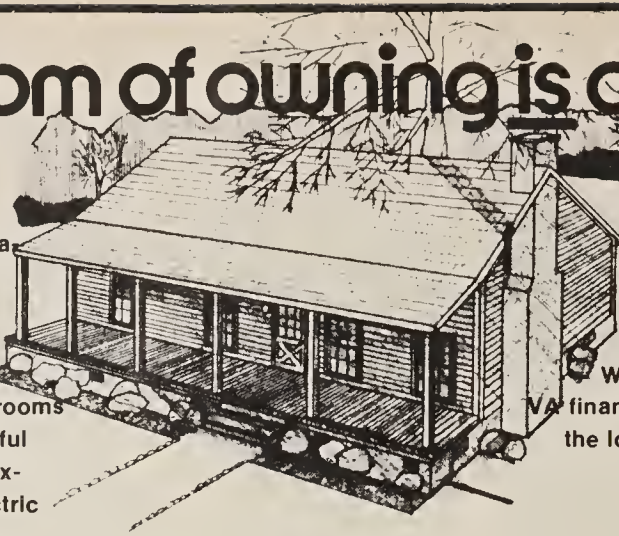
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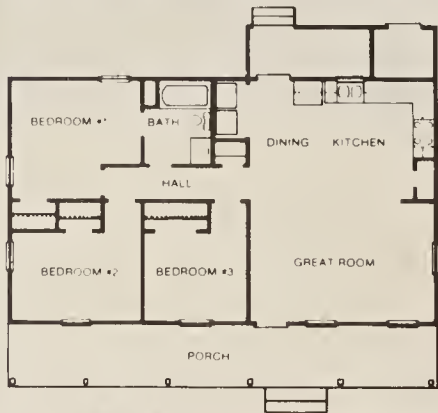
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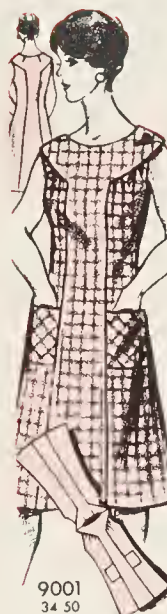
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Country Kitchen

CHICKEN BRUNSWICK STEW

Mrs. Van Hoy's Chicken Brunswick Stew is a great recipe during cold February weather. But what makes it even better is the serving size — the recipe feeds our comfortably. This is a real change from most brunswick stew recipes, since they generally make enough to feed twelve or more people. And for small families, that meant freezing the leftovers or several consecutive meals of brunswick stew.

If you would like to share a recipe with this column, send it to: COUNTRY KITCHEN, P.O. Box 306, Raleigh, NC 27611. We pay for published recipes.



COUNTRY KITCHEN RECIPE

Submitted by Mrs. Lois L. Van Hoy of Asheboro

CHICKEN BRUNSWICK STEW

(feeds four)

- 2 whole chickens (preferably roasting or baking chickens)
- 2 chopped onions
- 3 c. lima beans
- 4 c. chopped corn
- 8 large tomatoes, cut in pieces
- 8 peeled potatoes, cut finely

Season To Taste

Cook chicken until tender. Discard skin. Let the vegetables cook while the chicken does. Add mixtures together and cook for 90 minutes over medium heat. Dish it up like thick stew.

Microwave Wizardry — Dried Flowers In Half The Time

One of the prettiest sights during a long, bleak winter is a colorful bouquet of spring flowers. Unless you own a florist's shop or like artificial flowers, however, the only way to have flowers in the off-season is to preserve spring flowers by drying them.

The only problem with drying flowers is that the drying process is generally long and tedious, and the colors of the dried flowers aren't as vibrant. That is, until the microwave oven came along.....

Using a microwave oven to dry flowers can speed the drying process from several days to an overnight process. In addition to a shortened drying time, color retention of the flowers seems to be better with the microwave drying process.

The one thing to remember in drying flowers is the fresher they are, the more successfully they can be dried. Flowers with short, sturdy petals are the easiest to dry — roses, zinnias, asters, chrysanthemums, pansies, daisies, carnations, marigolds and daffodils. Flowers such as tulips, geraniums, gladiolas, petunias, magnolias and poppies are more difficult to dry and should be avoided by the amateur.

Those flowers with the brightest colors make the prettiest dried flowers. Remember, when dried,

flowers have more muted colors. Yellow, gold, blue, red and purple flowers are best suited for the drying process. Leaves can be dried separately and added to the stem of the flowers with florist's tape.

Other Special Tips

- If the flower is still soft after microwaving and standing in the gel for 30 minutes, do not reheat but let it stand overnight until dried.

- Silica gel grains can be used many times, but after several uses, they do lose their drying capability. Allow the gel to cool before reusing. As a general rule of thumb, eight to twelve flowers need one pound of silica gel.

- Spray-type coloring agents can be used if bright colors are desired.

- The following directions for drying different varieties of flowers should make microwave drying simpler:

Roses — Follow general instructions. Microwave the flower in silica gel grains at high for

1½ minutes. Note: white and yellow roses dry best.

Carnations — Follow general instructions. For best results, place three cups, each containing one flower, in the oven together. Microwave at high for 2½-3 minutes.

Sun Flowers — Bury petals in the gel and microwave at high for 1¼ minutes. Take the bowl out of the oven and allow it to stand for 1½ days, covered in a plastic bag. Remove silica grains.

Daffodils — Follow general instructions. Microwave at high for 1½-2 minutes.

Dried Pine Cones — Place pine cones, unopened or opened, in bowl. No silica gel is needed. Microwave at high for two minutes and remove from the oven. When they have been cooled, they can be used in decorations.

Pansies — Follow general instructions. For drying, microwave at high 45 seconds, let stand in grains for five minutes and heat again for 1-1½ minutes. Allow to stand for 10 minutes and remove from gel.

Leaves — When drying leaves, allow enough stem end to attach to wire or florist's tape. Curve the leaf and any branches in a natural way before drying so leaf sprays look natural after drying. Microwave at high for about one minute per sprig of two to three leaves.

Drying Method

Follow these steps for drying flowers in a microwave oven:



1. Cut off the stem of the flower, leaving only 1/2-inch attached to the blossom end.



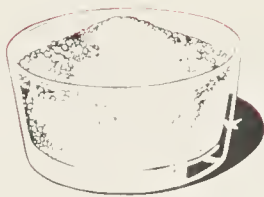
2. Place flower, stem-side down, into a microwave oven-proof bowl which contains just enough silica gel to hold the flower upright.



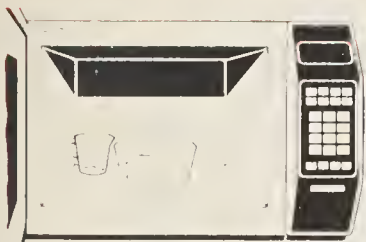
3. If flower petals seem to be stuck together, separate them carefully with a toothpick for best finished appearance.



4. Working slowly and carefully, spoon silica gel over the blossom, gently spreading the gel evenly over the petals, and arranging the petals in the position you want them in when the flower has dried. It is important to fill every space between petals.



5. Cover the flower completely with silica gel. It is essential that no petals are exposed to air. Do not cover dish.



6. Place a microwave oven-proof cup filled with water in the corner of the microwave oven. Place flower in oven and microwave at high power one to two minutes for the easy-to-dry flowers mentioned above. Difficult-to-dry flowers may take two to five minutes. As you dry each flower type, test the first one carefully for timing, and judge accordingly for additional blossoms.



7. Remove silica gel-covered flower from the oven and let stand, still covered in gel, for 20 to 30 minutes.



8. When the flower has cooled and seems dry, slowly tilt bowl and carefully remove the flower from the gel. Let stand on a cake rack or other slotted rack such as a broiler pan to avoid distorting the shape of the flower.



9. After the flower is cool and completely dry, gently shake or lightly brush with a soft brush to remove the gel grains from the petals.



10. Make stems with florist's wire and cut to desired length. Wire may be hooked or pushed through the center of the thickest part of the flower. Or, for other flowers or buds, place the wire parallel to the stem. Either way, secure the wire to the stem by wrapping with florist's tape. Add leaves.



11. If desired, carefully spray completely dried flowers with a clear, protective plastic spray, which is available at craft shops.

Q&A: Tax Breaks For Savin

Under the terms of the just passed National Energy Act, taxpayers can lessen their tax load by saving energy.

Here, in question and answer form, are the general provisions:

Q. What did you mean when you said the taxpayer could save by saving energy?

A. According to the Internal Revenue Service (IRS), there are two broad areas of tax credits: 1) installation of energy conservation devices and 2) installation of a "renewable energy source," such as a solar energy device. There is a maximum \$300 credit for conservation, and up to \$2,200 for "renewable source."

Q. I put on some new storm windows last fall when Congress was still debating the energy bill. Am I left out in the cold? Would storm windows qualify anyhow?

A. Even though Congress hadn't passed the measure then, the law provides that the qualifying items must have been installed after April 19, 1977 and through 1985. Note that the beginning date was April 20, 1977, not 1978. And yes, storm windows are covered. Here is the IRS's list of eligible items:

- exterior storm, or thermal windows or doors;
- caulking or weatherstripping for exterior windows or doors;
- a furnace replacement burner which reduces the amount of fuel used;
- a device to make flue openings for a heating system more efficient;
- an electrical or mechanical furnace ignition system which replaces a gas pilot light;
- an automatic energy-saving setback thermostat; and
- a meter which displays the cost of energy usage.

Q. How do I file?

A. On a new form, Form 5695, "Energy Credits." The IRS says that these credits can only be obtained by filing the Form 1040 return, with the tax credit form attached. The IRS adds that the minimum credit is \$10. The IRS stressed that taxpayers should not file to amend their 1977 returns for work done that year. 1977

expenditures are to be claimed on the 1978 return.

Q. Can you give me an idea of the sort of thing the IRS will not allow?

A. Not only can we give an idea, the IRS has a list of "items that do not qualify for tax credit." Examples of items that do not qualify for the residential energy credit are: 1) carpeting; 2) drapes; 3) wood paneling; 4) exterior siding; 5) heat pump; 6) wood or peat fueled residential equipment; 7) fluorescent replacement lighting system; 8) equipment using wind energy for transportation; 9) expenditures for a swimming pool used as an energy storage medium; and 10) greenhouses.

Q. Back to the storm windows. Do you mean I can deduct up to

\$300 of their cost?

A. No. That's wrong. The new law provides a credit of up to \$300. Now be sure to get this: the credit for energy conservation is 15% of the first \$2,000 of expenditures, including original installation costs, for a maximum of \$300. "The credit is available," says the IRS, "only with respect to a principal residence, the construction of which was substantially completed before April 20, 1977." It is worth mentioning that the IRS also says: "These credits reduce tax liability on a dollar-for-dollar basis. While there is no refund of any excess credit, unused credits may be carried forward to offset any income tax liability the following year. The carryover period extends through December 31, 1987."

North Carolina income tax credit may be claimed for the installation during 1977 or 1978 of new or additional insulation, storm windows or storm doors in a building located within the state.

The structure must have been built and occupied prior to 1977.

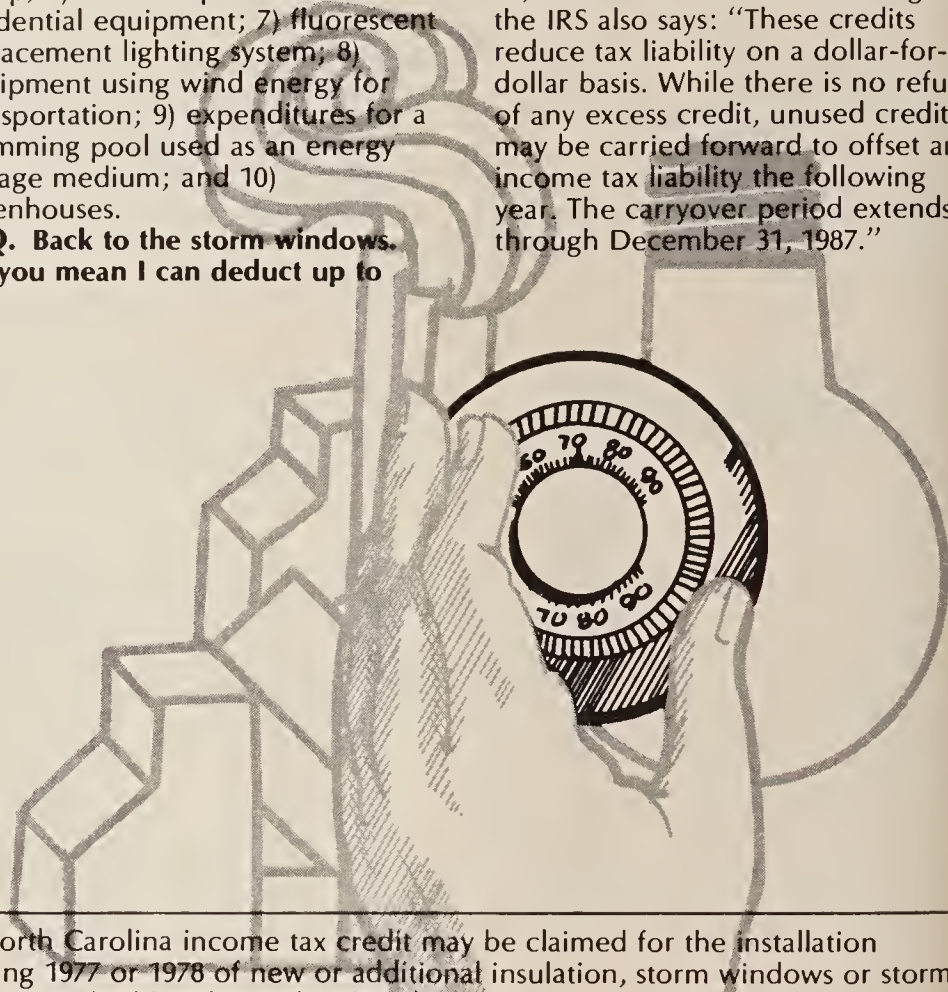
Steve R. Sutter, extension farm business records specialist at North Carolina State University, said the credit is limited to 25 percent of the cost, but may not exceed \$100 in any year for each building (including farm buildings) or family unit or multi-dwelling building.

The credit may not exceed the taxpayer's income tax liability for the year. And the insulation and equipment must have a useful life of at least three years.

Sutter said a state tax credit also is allowed for the construction or installation of a solar heating, cooling or hot water system in a building located in North Carolina and owned by the taxpayer.

This credit is limited to 25 percent of the cost, but may not exceed \$1,000 per building.

Energy-related state tax credits are claimed on North Carolina Form D-405.



energy

Q. What is a principal residence? What about renters?

A. Again, the IRS provides the answer: "The principal residence may be either owned or rented from another person but it must be the main home occupied by the taxpayer and the taxpayer's family, and be located in the United States. A summer or vacation home does not qualify.

"Qualifying items include active and passive solar systems and wind and geothermal devices. An active solar system is based on the use of mechanically forced energy transfer, such as the use of fans to circulate solar generated energy. Passive solar systems are based on the use of conductive, convective or radiant energy transfer, such as the use of portions of a residential structure which serve as solar furnaces so as to add heat to the residence. However, expenditures for labor, materials and components which will serve a significant structural function in the dwelling, such as extra-thick walls, would not be eligible for the credit...The taxpayer must be the first person to use the energy source item, and the item must be expected to remain in use for at least five years."

The credit for renewable energy source property is 30% of the first \$2,000 and 20% of the next \$8,000 of expenditures, including labor costs or onsite preparation, assembly, or original installation, for a maximum credit of \$2,200. The credit is available for items installed on either existing or newly constructed residences.

Q. Where can I get the energy credit tax form?

A. IRS plans called for it to be included in the 1978 Form 1040 tax return packages that were to be sent the end of December. Form 5695, Energy Credits, which will be used to compute the credits, was to be available the same time from banks, post offices and IRS offices. Form 5695 should be attached to returns claiming the credit. Further details on what qualifies and how to compute the tax credits are contained in Publication 903, Energy Credits for Individuals. □

Carolina Country February 1979



DO YOU THINK NUCLEAR ENERGY WILL REPLACE GAS AND OIL FOR FUTURE ENERGY NEEDS?

Yes, I think that nuclear energy will, or at least, should be used instead of solar energy.

Although nuclear wastes are dangerous this form of energy is more efficient and dependable than solar energy.

For example, suppose a family has solar heating in their home — the temperature is ten degrees below zero outdoors, the snow had completely covered the solar panels. Therefore, the sun could not penetrate to the panels until the snow had melted, by which time, the family indoors would be half-frozen.

Yet with nuclear energy we could have power at all times for heating, cooking, cooling, etc., during any kind of weather.

Chris Reynolds
Fayetteville

Chris is a ninth grade student at Southview Junior High School, and enjoys art, hunting and reading. He and his parents, Mr. and Mrs. Vernon L. Reynolds are served by South River EMC, Dunn.

No. I rather think that nuclear and solar energy will co-exist side by side in the world of tomorrow. Both forms of energy, when perfected to a practical degree, will furnish cheap, readily available power, just as gas and oil did when they were introduced on a wide basis. Solar energy will be especially suited for home and school use while nuclear power might be more appropriate for powering factories and large buildings. By thus sharing the duties to be performed, the power will be conserved all the time, and overloads will be reduced considerably. There is, I think, a place for both solar and nuclear power in the future economic scene of the world.

Bobby Ray Doughtie, Jr.
Tarboro

Bobby is a freshman at Tarboro High School and enjoys reading, writing and collecting current military information. He and his parents, Mr. and Mrs. Bobby Doughtie, Sr. are served by Edgecombe-Martin EMC, Tarboro.

No, I think solar energy will be used in the future to replace gas and oil for future energy needs. Of course, our coal, oil, gas and other means of energy are running short. We'll need some means of energy for our kids and grandkids. To start with, if our parents and grandparents hadn't been so hoggish and set on building up the environment, we really might not have this problem. I'm not blaming it on them, but what I said could be true.

Connie Hughes
Lexington

Connie is 14 years old and enjoys swimming, skating and painting. She and her parents, Mr. and Mrs. Haywood Hughes, Sr. are served by Davidson EMC, Lexington.

NEXT QUESTION: Do you feel that too much emphasis is being placed on athletics, rather than academics, in schools today?

If you have a good answer, send it to YOUTH FORUM Carolina Country, P.O. Box 27603, Raleigh, NC 27611 immediately. Tell us a few facts about yourself — your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5. If you want to submit a question, send it along and for each one used, the sender will receive a \$5 check.



Nuclear Power: How It's Produced

Nuclear power plants are generating about 30% of the electricity you are using in your home — and they are doing it safely and cheaply. They have proven themselves to be extremely reliable. It was very comforting to have them at full steam during last year's coal strike.

Nuclear power plants are not very different from other electricity generating plants. Electricity is produced at all power plants by spinning the shaft of a huge generator, in which coils of wire and magnetic fields interact to create electricity.

In most plants — thermal or steam-electric stations — this spinning is done by high-pressure steam “blowing” the propeller-like blades of a turbine connected to the generator shaft.

Heat to boil water into steam at these plants is produced in either of two ways: by burning coal, oil or gas — the “fossil fuel” — in a furnace; or by splitting certain atoms of uranium in a nuclear reactor.

Nothing Burned Or Exploded

Nothing is burned or exploded in these power reactors. Their fuel consists of many tons of ceramic pellets made from an oxide of uranium or other “fissionable” metal. The cylindrical pellets, each about the size of the end of your little finger, are carefully arranged in long, vertical tubes within the reactor.

Inserted throughout bundles of these fuel tubes are many “control rods.”

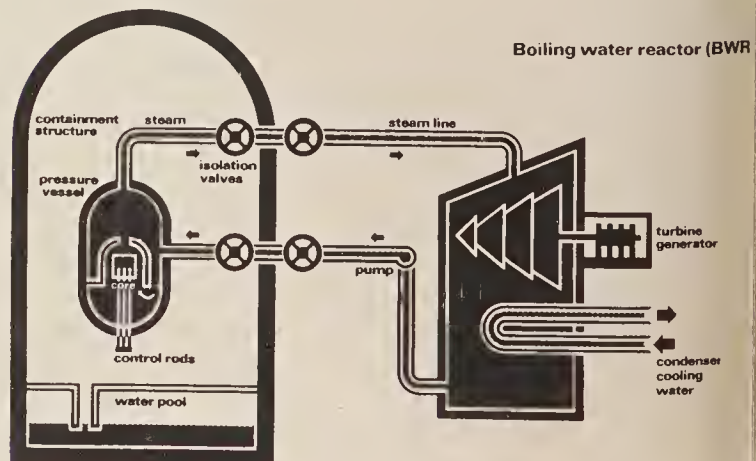
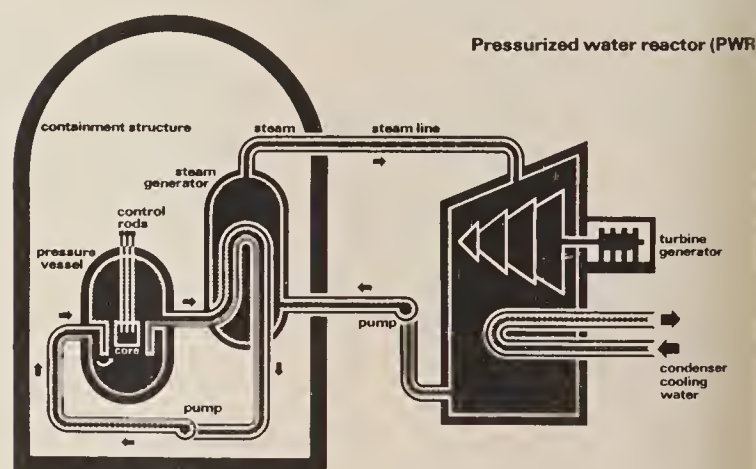
These rods regulate a process that results in atoms invisibly flying apart, or fissioning. As the atomic pieces plow through the fuel pellets, they generate heat by a kind of friction — something like the heat you generate when you rub your hands together.

The atoms involved are those of the uranium metal within the ceramic fuel. As the nucleus of each atom fissions, it shoots out particles called neutrons, which

cause more fissions when they hit the nuclei of other uranium atoms.

The sequence of one fission triggering others, and those triggering still more, is called a chain reaction.

The control rods contain a material that absorbs neutrons and prevents them from hitting fissionable atoms, enabling the rods to speed up or slow down the chain reaction. Operation of the reactor is controlled by varying the number of rods withdrawn and the amount of their withdrawal.



Currently, two types of commercial reactors are widely used in this country: the boiling water reactor (BWR) and the pressurized water reactor (PWR). Both are called light water reactors (LWRs) because their coolant or medium to transfer heat is ordinary water, incorporating the light isotope of hydrogen.

BWRs and PWRs use essentially the same fuel and operate on basically the same principles.

The fuel is an oxide containing two kinds of uranium atoms — called isotopes — designated by their differing weights. U-235 is the fissionable isotope, which constitutes less than one per cent of natural uranium. U-238 is practically non-fissionable but makes up all the rest of the element as it is found in nature.

The uranium in the fuel has passed through an enriching process that increases the concentration of U-235 to three or four percent. This allows the reactor to be smaller than it would be if fueled with natural uranium and allows ordinary water to be used for cooling instead of a more expensive and less convenient fluid.

Bomb-Like Explosion Impossible

But the concentration of U-235 is still so low that a bomb-like nuclear explosion is impossible.

Pre-fired as a ceramic, the fuel resists the effects of high temperature and corrosion during reactor operation. And the dilute mixture of U-235 with other, non-fissionable materials in the pellet is one of the reactor's safety features. It tends to slow down the chain reaction as the pellet gets hotter.

The pellets are stacked end-to-end in 12-foot long tubes made of zirconium alloy. These fuel rods are then precisely arranged as bundles within the reactor, with

spaces between them for control rods. Water flowing up through the bundles removes the heat and puts it to work.

The water serves also as a "moderator," slowing down the neutrons to increase the probability of fission. Rather than "clobbering" the nucleus, the neutron must combine with it momentarily. Thus the neutron must go fast enough to combine with the nucleus but not so fast as to skip over it — like a golf ball being putted toward a hole.

This moderating effect of the water adds another natural safety feature, since an accident that would cause a lot of water would also stop the chain reaction.

Certain changes take place in the fuel pellets during their time in the reactor. Rather than causing fissions in U-235, some neutrons hit atoms of U-238 and turn them into plutonium, another fissionable element. Some of this plutonium is subsequently fissioned in place by other neutrons, contributing to the production of heat. Because it can breed these fissionable atoms, U-238 is known as a "fertile" isotope.

Most of the fragments of fission are radioactive, and during the life of the fuel enough of them collect within the pellets to contribute substantially to the heat through radioactive decay — the spontaneous emission of particles and gamma rays.

The fuel remains in a reactor for three or four years before these trapped fission products reduce the efficiency of the chain reaction — like ashes smothering a fire. All the fuel is not removed at once; from one-fourth to one-third of the rods are discharged and replaced each year.

Spent Fuel Saved For Reprocessing

Enough unfissioned uranium and newly generated plutonium remain to make recovery worthwhile, so this spent fuel is saved for reprocessing and eventual recycling of the fissionable materials.

The cooling system is a main link in the chain that converts fission energy to electrical energy.

Here is the chief difference between boiling water reactors and pressurized water reactors.

In PWRs, the water boils to steam directly in the reactor vessel.

In BWRs, the reactor water is pressurized so as not to boil. Instead, it is pumped through a heat exchanger, where a separate supply of water is heated to produce steam.

At both types of plant, this steam is then used to make electricity in exactly the same way as at a plant burning fossil fuel — by spinning the turbine which drives an electric generator. This equipment is essentially the same at all thermal power plants. The product, electricity, is identical.

A nuclear power plant, then, is nothing more than a steam-electric generating station in which a nuclear reactor takes the place of a furnace, and the heat comes from the fissioning of uranium fuel rather than from the burning of fossil fuel.

Reprinted from the monthly newsletter of Blue Ridge Electric Membership Corp., Lenoir.



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I'll Meet You In Church Sunday Mornin'; Drifting Too Far From The Shore; Mast Builder; I Found The Way; We'll Understand It Better; Let Me Rest At The End Of T Journey; Going Home; One Of God's Shee Way Down Deep In My Soul; On The Jerico Road; Farther Along; The Glory Land Way.
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RUSS MORGAN - MCA-92 ALBUM \$2.98
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I Bowd On My Knees And Cried "Holy How Great Thou Are; Rock Of Ages; St Away And Pray; I Pray My Way Out Troubles; Will You Meet Me Over Yond Light At The River; What A Friend We H In Jesus; Medals For Mothers; Jesus St Changed Me; Where We'll Never Grow Old.
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KITTY WELLS AND RED FOLEY

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8 TRACK TAPE - MCAT-83 \$4.98

commentary

Jogging Power?

We thought we were onto something there for a while.

News Times magazine says more than 20 million Americans are now jogging. Suppose, we wondered, all that energy could be harnessed to help an energy-hungry nation? Suppose all the caloric consumption of those runners could be partly saved, perhaps by putting them all on a giant readmill?

Let's say the average jogger is between 30 and 39 and weighs about 180. That means he burns about 114 calories per mile run. Assume, conservatively, that he runs a mile a day. That's 41,610 calories per year (the equivalent of 1.9 pounds of body fat). Multiply those calories by 10 million runners and convert them to British Thermal Units, and those runners are burning the equivalent of about 1.65 billion BTUs yearly. Wow!

We thought.

Then we discovered that the same number of BTUs are obtainable by burning 63 tons of bituminous coal — .000005 percent of the 1976 production of that single energy source.

Forget the treadmill.

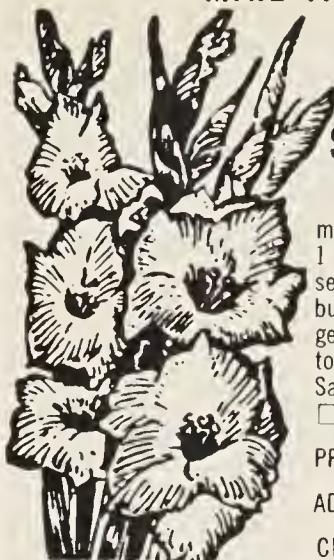
—*Des Moines Register*

Nuclear Power's Safe

"Fear rides with nuclear power. A nuclear plant is shut down to correct a malfunction, or for scheduled servicing, that event usually makes news; if a conventionally fired plant shuts down, even for safety reasons, that fact doesn't even rate a paragraph back by the truss ads. I have toured nuclear facilities in several states, and come away not only convinced of their safety, but also feeling admiration for the engineers and technicians who show their dedication in keeping nuclear energy production safe and sure."

Nick Thimmesch
Syndicated Columnist

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Does your forehead become oily or greasy? _____

How soon after washing? _____

Do you have dandruff? _____ Dry or oily? _____

Does your scalp itch? _____ When? _____

How long has your hair been thinning? _____

Does hair pull out easily on top of head? _____

What percentage of hair remains on top of head? _____

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Do You Need A Standby Generator?

Do you need a standby generator for your farm?

Power outages don't happen often and usually don't last very long, but after the ice storms that hit North Carolina last winter, you might want to re-evaluate the need for an emergency source of power on your farm.

Certain types of farm operations obviously need standby power, such as chick or pig brooding or confinement housing. And the water supply of most farms is also dependent on electricity.

If you decide to install a standby source of power there will be further considerations, such as type of unit, size, safety and operating features. The most practical type of standby generator for farms is a portable tractor-driven model. It can be belt-driven or operated off the power take-off (PTO).

Besides providing emergency power, a portable standby generator can also be used to take power to jobs not located near electrical service. To get the most out of your investment, you should mount the generator on a trailer along with your electric welder, if you have one. It can be used for running drills, saws, and other electrical hand tools in the field or to provide power at any time or place needed.

Determine the size you need by recording the watt ratings (amps multiplied by the volts as shown on the motor nameplate) for your two largest motors, as well as the watt ratings of other electric equipment that might be running at the same time during an outage.

Don't get a generator that is too small to carry the necessary load you need during an emergency, and don't get one that is larger than you need. Get a size that fits only your emergency needs. If you get a generator that is operated by your farm tractor, be sure the unit is not larger than your tractor will operate, usually 2½ hp (gasoline engine) per 1000 watts.

The watt rating of the generator should be about equal to the total

wattage you might expect to need during a power failure. If the unit does not have overload capacity, multiply the watt rating of your two largest motors by three. You do this because most motors require about three times as much current to start as they do to run.

Most farms need a 10,000 to 25,000 watt generator. A 10,000 watt generator will require a 25 hp engine to operate it.

When connecting a generator into the wiring of a farm or home, a double throw switch is required. It positively disconnects the supply line from your service wires when the standby unit is used. This protects any lineman working on the lines and protects the generator, should the station power be restored while the generator is running.

After the generator is installed, develop a starting procedure and post it with the generator. Care is needed to maintain the engine in good order, so it will start and run properly during an emergency. Operate the unit at least every three months to assure good running characteristics. Store it in a dry, dustless place, but don't cover too tightly because condensation can develop.

Standby generator electricity is not smooth and voltage fluctuates. Therefore, it is advisable not to operate radios, TV's, or other equipment that is sensitive to voltage variations.

If you now have a standby generator or alternator or plan to buy one in the near future, notify your EMC or power supplier of your plans. □

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Member: "Pastor, how did you get that cut on your face?"

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Member: "That's too bad. Next time you had better concentrate on your shaving and cut your sermon."

"I beg your pardon, sir," the hotel clerk said courteously. "What is your name?"

"Why," sputtered the indignant guest who had just signed the register with a flourish, "don't you see my signature?"

"Yes, sir, that's what aroused my curiosity."

She was a spry little lady in her early nineties and one day when she was feeling not completely well, she decided to consult her doctor. He examined her carefully, and found nothing radically wrong with her. Trying to reassure her, he said, "Well, after all, my dear, you know you are not getting any younger."

"That doesn't concern me in the least," she snapped. "What does concern me is that I'd just like to be sure that I'll be getting older."

A mother was preparing for dinner guests one evening, so she reminded her little girl to say her prayers before she went to bed.

Next morning the mother asked, "Did you say your prayers last night?"

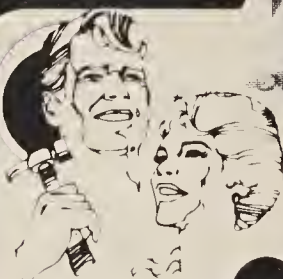
"Well," the little one explained, "I got down on my knees and started to say them and all of a sudden I thought: I bet God gets awfully tired hearing the same old prayer over and over."

"So I crawled into bed and told Him the story of the three bears."

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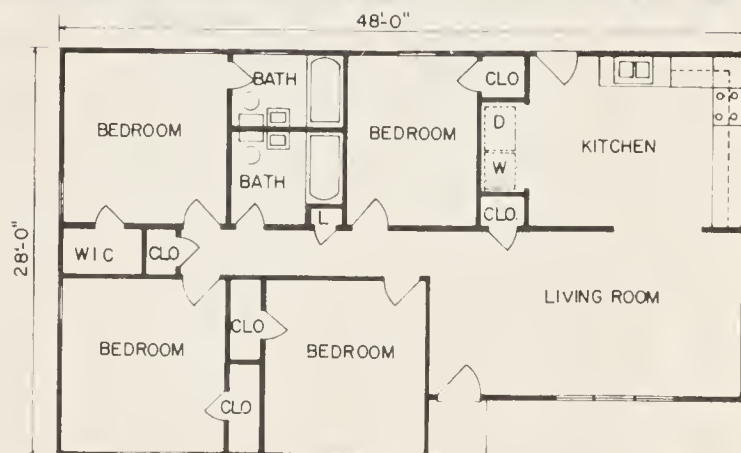


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